**News Flash**

**Some years ago a vase hermetically sealed was found in a mummy-pit in Egypt, by the English traveler Wilkinson, who sent it to the British museum. The librarian there, having unfortunately broken it, discovered in it a few grains of wheat and one or two peas, old, wrinkled and hard as stone. The peas were planted carefully under glass on the 4th of June 1844, and at the end of thirty days these old seeds were seen to spring up into new life. They had been buried probably about three thousand years ago, perhaps, in the time of Moses, and had slept all that long time, apparently dead, yet still living in the dust of the tomb. *(Gaussen)***

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**I invite you to check out the Easter-Related documents located in the E-section of document!**

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**March 18th, 2024 - Take A Walk in Any Weather *(Samantha Rideout, in Reader's Digest, December 20243/ January 2024 issue, page 38)***

**March 11th, 2024 - flamingo eggs *(The Week magazine, March 1, 2024) service***

**March 4th, 2024 - “Mean World Syndrome” *(Samantha Rideout, in Reader’s Digest) kindness***

**February 26th, 2024 – Cursive - *(The Week magazine, February 16, 2024)* *written word power***

**February 19th, 2024 - fossil on her first-ever dig *(The Week magazine, April 1, 2011) simplicity***

**February 12th, 2024 - robocall operation *(CNN.com, as it appeared in The Week magazine, August 18, 2023) accountability***

**February 5th, 2024 - tears melt your heart (The Week magazine, January 19, 2024) grief**

**January 29th, 2024 - end of dieting? *(The Week magazine, December 29, 2023/January 5, 2024)* *weight control***

**January 22nd, 2024 - Is Work Shortening Your Life? *(Reader’s Digest, the November, 2021 issue on page 60)***

**January 15th, 2024 - As a youth Martin Luther King *(M. B. T. & R. K. R., in The Book of Lists #2, p. 460) MLK***

**January 8th, 2024 - No More Reading Glasses? *(Mark Witten, as it appeared in the July/August, 2022 issue of Reader’s Digest, on page 38)***

**January 1st, 2024 - How did New Year’s Resolutions begin? *(The Week magazine, December 31, 2021 / January 7, 2022)***

**December 25th, 2023 - baby owl *(The Week magazine, December 22, 2023)***

**December 18th, 2023 - Reason for hope on the climate *(The Week magazine, December 1, 2023)***

**December 11th, 2023 - surprise victory over inflation *(The Week magazine, December 4, 2023) inflation***

**December 4th, 2023 - A MODERN-DAY NOAH’S ARK *(Paul Robert, in Reader’s Digest, the July/August, 2022 issue, on page 93) noah and the ark***

**November 27th, 2023 - Why You Should Nap *(Reader’s Digest, July/August, 2022 issue, on page 40) sleep-related***

**November 20th, 2023 - downsides of secrets *(The Week magazine, June 16, 2017) secrets***

**November 13th, 2023 - Iowa Wave *(Reader’s Digest, September, 2022, page 9) football***

**November 6th, 2023 - A Deadly Spider Venom That Can Save Lives *(Reader’s Digest, March/April, 2022, page 52) good in all that is***

**October 30th, 2023 - violins (Reader’s Digest, October 2023, page 7) music**

**October 23rd, 2023 - Everyone gets younger *(The Week magazine, July 7/July 14, 2023) aging***

**October 16th, 2023 - The Trouble with Traffic *(Samantha Rideout, in Reader’s Digest) noise***

**October 9th, 2023 - married herself instead. *(The Week magazine, December 24, 2010 – January 7, 2011) marriage***

**October 2nd, 2023 - *(The Week magazine July 7/July 14, 2023) celebration***

**September 25th, 2023 - A hunger for praise *(The Week magazine, February 4, 2011) praise***

**September 18th, 2023 - LED bulbs *(David Hamilton, in The North Platte Gazette, August 8, 2023) light***

**September 11th, 2023 - teaching birds to fly south *(The Week magazine, September 1, 2023) purpose***

**September 4th, 2023 - Nightmares Train Your Brain *(Reader’s Digest, October, 2019, page 46) sleep-related***

**August 28th, 2023 - Russian ruble plunged in value *(The Week magazine, August 25, 2023) Russia’s War with Ukraine***

**August 21st, 2023 - sunflowers *(The Week magazine, August 18, 2023) celebration***

**August 14th, 2023 - golden retrievers (The Week magazine, July 28, 2023) a dog’s world**

**August 7th, 2023 - Everydays Sundae *(The Week magazine, February 10, 2023)***

***kindness, giving back***

**July 29th, 2023 - Gateway Arch in St. Louis *(The Week magazine, June 2, 2023) light of the darkness***

**July 22nd, 2023 - facial expressions (The Daily Chronicle) body language**

**July 15th, 2023 - annoying *(Peter Steinhart, in Reader’s Digest) noise***

**July 8th, 2023 - celebrate the 100th birthday *(The Week magazine, June 30, 2023) a dog's world***

**July 1st, 2023 – beauty of a silent breakfast** [***(The Week magazine, December 4, 2020)***](http://www.bbc.co.uk/) ***silence***

**June 24th, 2023 - Bible *(The Week magazine, June 16, 2023) Bible***

**June 17th, 2023 - Juneteenth *(The North Platte Telegraph, June 13, 2023) slavery***

**June 10th,2023 - “Boneless Wings”  *(The Week magazine, March 24, 2023)***

***meat consumption***

**June 3rd, 2023 - spent 500 days alone *(The Week magazine, April 28, 2023) solitude***

**May 26th, 2023 It Is The Soldier *(Heard on KFAB Radio in Omaha, Nebraska)***

[**May 19th, 2023 - childless bald eagle *(The Week magazine, April 28, 2023)***](http://www.bbc.co.uk/) ***Father’s Day***

[**Mat 12th, 2023 - Gov. Ron DeSantis *(Yahoo! News, as it appeared in The Week magazine, May 12, 2023)***](http://www.bbc.co.uk/) ***weddings***

[**May 5th, 2023 - bulldog puppy *(The Week magazine, May 5, 2023)***](http://www.bbc.co.uk/) ***a dog’s world***

[**April 30th, 2023 - San Francisco guitarist *(The Week magazine, September 10 / September, 2021)***](http://www.bbc.co.uk/) ***nature sounds***

[**April 23rd, 2023 - zebrafish *(The Week magazine, April 14, 2023)***](http://www.bbc.co.uk/) ***empathy***

[**April 16th, 2023 - sheep arranged in a heart shape *(The Week magazine, September 10 / September, 2021)***](http://www.bbc.co.uk/) ***heart matters***

[**April 9th, 2023 - PAINKILLER DULLS EMPATHY *(The Week magazine, June 3, 2016)***](http://www.bbc.co.uk/) ***empathy***

[**April 2nd, 2023 - resident goose *(The Week magazine, March 31, 2023)***](http://www.bbc.co.uk/) ***second chances***

[**March 26th, 2023 - Lower Stress with the Help of a Friend *(Reader’s Digest, February, 2022, page 41)***](http://www.bbc.co.uk/) ***stress***

[**March 12th, 2023 - Social Envy Is Toxic *(Mart Witten, in Reader's Digest, May, 2022, page 40)***](http://www.bbc.co.uk/) ***envy plus one more theme***

[***March 5***th, 2023 - **What One Hour Away from Your Phone Can Do** ***(Mark Witten, in Reader’s Digest, December/January, 2023, page 38)***](http://www.bbc.co.uk/)[***(Robin Roberts, news anchor, in People magazine)***](http://www.bbc.co.uk/)[***separation***](http://www.bbc.co.uk/)

[**February 27th, 2023 - A Diamond Planet *(The Week magazine, October 26, 2012) Diamond Planet***](http://www.bbc.co.uk/)

[**February 20th, 2023 - George Washington *(Isaac Asimov) birthday***](http://www.bbc.co.uk/)

[**February 13th, 2023 - This day of love finds its roots *(Jeff Harris, in Shortcuts)***](http://www.bbc.co.uk/)

[***Valentine's Day***](http://www.bbc.co.uk/)

[**February 6th, 2023 - Republicans won a majority in the House *(The Washington Post, as it appeared in The Week magazine, December 30, 2022 / January 6, 2023) voting and elections***](http://www.bbc.co.uk/)

[**January 30th, 2023 - The hypocrisy of measuring happiness *(The Week magazine, April 8, 2022) happiness***](http://www.bbc.co.uk/)

[**January23rd, 2023 - Losing Sleep Can Snooze Our Relationships *(Mark Witten, in Reader’s Digest, December/January, 2023, page 38) sleep-related and relationships***](http://www.bbc.co.uk/)

[**January 16th, 2023 - Martin Luther King assumed guilt *(M. B. T. & R. K. R., in The Book of Lists #2, p. 460)***](http://www.bbc.co.uk/)

[**January 9th, 2023 - Who began New Year’s? *(The Week magazine December 31, 2021 / January 7, 2022) new year***](http://www.bbc.co.uk/)

[**January 2nd, 2023 - New Year’s Resolutions Don’t Work *(The Week magazine, December 28, 2012 – January 4, 2013) new year’s resolutions***](http://www.bbc.co.uk/)

[**December 26th, 2022 - *(Harry Bright & Jakob Anser, in That’s A Fact, Jack!, p. 127) starting young***](http://www.bbc.co.uk/)

[**December 19th, 2022 - Americans plan to buy *(The Wall Street Journal, as it appeared in The Week magazine, December 2, 2022) Christmas shopping***](http://www.bbc.co.uk/)

[**December 12th, 2022 - returns *(Amanda Mull, in The Atlantic, November, 2021, p. 22) Christmas shopping***](http://www.bbc.co.uk/)

[**December 5th, 2022 - securing democracy *(The Week magazine, November 25, 2022) democracy***](http://www.bbc.co.uk/)

[**November 29th, 2022 - 600 mass shootings *(The Washington Post, as it appeared in The Week magazine, December 2, 2022) Guns in America***](http://www.bbc.co.uk/)

[**November 22nd, 2022 - first recorded American thanksgiving *(Reader's Digest: Strange Stories, Amazing Facts, p. 198) Thanksgiving***](http://www.bbc.co.uk/)

[**November 15th, 2022 - annual net tax gap *(The Wall Street Journal, as it appeared in The Week magazine, November 11, 2022) taxes***](http://www.bbc.co.uk/)

[**November 8th, 2022 - women the right to vote (*The Daily Chronicle) voting and elections***](http://www.bbc.co.uk/)

[**November 1st, 2022 - Fun holiday facts *(www.bbc.co.uk, as it appeared in the Rocky Mountain News, October 31, 2005) Halloween***](http://www.bbc.co.uk/)

[**October 25th, 2022 - Why It’s OK to Forget Sometimes *(Reader’s Digest, September, 2022, page 46) forgetting***](http://www.bbc.co.uk/)

[**October 18th, 2022 - China bans imports *(The Week magazine, January 12, 2018) recycling***](http://www.bbc.co.uk/)

[**October 11th, 2022 - MIND OVER MIGRAINE *Reader’s Digest, September, 2022, p. 46) mind-related***](http://www.bbc.co.uk/)

[**September 27th, 2022 - The Democratic Party *(The New York Times, as it appeared in The Week magazine, September 30, 2022) voting and elections***](http://www.bbc.co.uk/)

[**September 20th, 2022 - "Garbage Island" *(The Week magazine, June 2, 2017) pollution***](http://www.bbc.co.uk/)

[**September 13th, 2022 - Americans don't like change *(Michael Kinsley, in The Washington Post) change***](http://www.bbc.co.uk/)

[**September 13th, 2022 World Trade towers *(Associated Press, in The Week magazine, July 15, 2005) timing***](http://www.bbc.co.uk/)

[**September 6th, 2022 - weather and climate disasters *(The Washington Post, as it appeared in The Week magazine, August 19, 2022) weather-related***](http://www.bbc.co.uk/)

[**August 31st, 2022 - U.N. is hostage to a Russia that scorns it *(The Week magazine, April 22, 2022) Russia’s War with Ukraine***](http://www.bbc.co.uk/)

[**April 24th, 2022 - hurricane season *(Houston Chronicle, as it appeared in The Week magazine, December 11, 2020) weather-related***](http://www.bbc.co.uk/)

[**August 17th, 2022 - The decades of hidden inflation *(The Week magazine, July 29, 2022) inflation***](http://www.bbc.co.uk/)

[**August 10th, 2022 - August Twenty years after 9/11 *(The New York Times, as it appeared in The Week magazine, September 24, 2021) pnc***](http://www.bbc.co.uk/)

[**August 7th, 2022 - Wright Brothers *(Denver P. Tarle, in A Treasury of Trivia, p. 20) travel and comparisons***](http://www.bbc.co.uk/)

[**August 4th, 2022 - Abortion seen in shades of gray *(The Week magazine, May 27, 2022) abortion***](http://www.bbc.co.uk/)

[**July 30th, 2022 - discarded *(NBCNews.com, as it appeared in The Week magazine, June 17, 2022) vaccines***](http://www.bbc.co.uk/)

[**July 27th, 2022 - Pure democracy *(John Luther, in Bits & Pieces, March, 1988)***](http://www.bbc.co.uk/)

[***democracy***](http://www.bbc.co.uk/)

[**July 24th, 2022 - leading cause of death for kids *(Axios, as it appeared in The Week magazine, June 10, 2022) guns in America***](http://www.bbc.co.uk/)

[**July 28th, 2022 - Where is abortion legal? *(The Week magazine, July 22, 2022)***](http://www.bbc.co.uk/)

[***abortion***](http://www.bbc.co.uk/)

[**July 25th, 2022 – Understanding Uvalde *(Mark Gimein, in The Week magazine, June 10, 2022) Guns in America***](http://www.bbc.co.uk/)

[**July 18th, 2022 - Americans who've died of Covid-19 *(The Washington Post, as it appeared in The Week magazine, March 5, 2021) coronavirus***](http://www.bbc.co.uk/)

[**July 11. 2022 - We’re seeing the tyranny of the minority in action *(The Week magazine, May 13, 2022) abortion* Poll watch: 82% of Americans *(Washington Post / ABC News, as it appeared in The Week magazine, May 13, 2022) abortion***](http://www.bbc.co.uk/)

[**July 4, 2022 - Gov. Gavin Newsom *(The Week magazine, September 24, 2021) voting and elections***](http://www.bbc.co.uk/)

[**June 27th, 2022 - The assault weapon *(The Week magazine, June 17, 2022) Guns in America***](http://www.bbc.co.uk/)

[**June 20th, 2022 - dependence on drugs *(Bits & Pieces) drugs***](http://www.bbc.co.uk/)

[**June 13th, 2022 - Irish feminists *(The Week magazine, May 20, 2022) abortion***](http://www.bbc.co.uk/)

[**June 6th - less safe *(David Frum, in The Atlantic) guns in America***](http://www.bbc.co.uk/)

[**May 29th, 2022 - At least 400 people from 43 states *(CNN.com, as it appeared in The Week magazine, May 14, 2021) accountability***](http://www.bbc.co.uk/)

[**May 22nd, 2022 - Harvard *(The Week magazine, May 13, 2022) slavery***](http://www.bbc.co.uk/)

[**May 15th, 2022 – same as July 18th, 2022 *(The Washington Post, as it appeared in The Week magazine, March 5, 2021)***](http://www.bbc.co.uk/)

[**May 8th, 2022 - If Earth continues *(Axios.com, as it appeared in The Week magazine, October 8, 2021) weather-related***](http://www.bbc.co.uk/)

[**May 1st, 2022 - Vladimir Putin *(The Week magazine, April 20, 2018) putin***](http://www.bbc.co.uk/)

[**America is getting safer every day *(William Falk, in the Week magazine, April 22, 2022) Guns in America***](http://www.bbc.co.uk/)

[**Just 34 of the world’s 195 nations are liberal democracies *(Axios, as it appeared in The Week magazine, April 15, 2022)***](http://www.bbc.co.uk/)

[**Americans own *(The Washington Post, as it appeared in The Week magazine, July 6 /July 13, 2018) Guns in America***](http://www.bbc.co.uk/)

[**Why Mexico will never halt migration *(The Week magazine, March 4, 2022) immigration***](http://www.bbc.co.uk/)

[**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*P. S. I have placed this excerpt in the Guns in America document of the www.mondaymunchees.com website. For more quotes, stories, anecdotes, illustrations, trivia, and statistics on this theme, I invite you to scroll down the homepage of the website to the G-section of documents, click open the Guns in America document, and read all about it!**](http://www.bbc.co.uk/)

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[**“We are far and away the most counter-majoritarian democracy in the world,” said Steven Levitsky, a professor of government at Harvard University and a co-author of the book “How Democracies Die,” with Daniel Ziblatt). *(The New York Times, as it appeared in The Week magazine, September 30, 2022)***](http://www.bbc.co.uk/)

[**P. S. I have placed this excerpt in the Electronic Communication document of the www.mondaymunchees.com website. For more quotes, stories, anecdotes, illustrations, trivia, and statistics on this theme, I invite you to scroll down the homepage of the website to the C-section of documents, click open the Electronic Communication document, and read all about them!**](http://www.bbc.co.uk/)

[**P. S. I have placed this excerpt in the Silence (all entries) document of the www.mondaymunchees.com website. For more quotes, stories, funnies, anecdotes, illustrations, trivia, and statistics on this theme, I invite you to scroll down the homepage of the website to the S-section of documents, click open the Silence (all entries) document, and read all about them!**](http://www.bbc.co.uk/)

[**P. S. I have placed this excerpt in the Climate Change document of the www.mondaymunchees.com website. For more quotes, stories, funnies, anecdotes, illustrations, trivia, and statistics on this theme, I invite you to scroll down the homepage of the website to the C-section of documents, click open the Climate Change document, and read all about them!**](http://www.bbc.co.uk/)

[**Losing Sleep Can Snooze Our Relationships: According to a Swedish study, after one night of no sleep, participants were more likely to interpret an angry face as less trustworthy than rested folks were. They also rated neutral and fearful faces as less attractive. This is because people spent less time analyzing facial expressions after a sleepless night, which could lead them to misinterpret the faces or overreact to them. Unfortunately, when we do this, it can lead us to withdraw socially. So next time you’re feeling sensitive in this way, it’s probably time for a nap. *(Mark Witten, in Reader’s Digest, December/January, 2023, page 38)***](http://www.bbc.co.uk/)